BLAND DIET

INDICATIONS:
The advice below will likely relieve symptoms in patients with peptic ulcers, gastritis, and other gastrointestinal disorders.

GENERAL ADVICE:
Take 4 to 6 meals daily, avoid large and heavy meals. Eat meals slowly and chew food very well. Avoid rush and hurry before and after meals. If possible rest before and after eating. Avoid smoking and drinking of alcoholic beverages, especially on an empty stomach. Anxiety and insufficient sleep may be involved. Rest well and avoid stress.

The following foods should be avoided during the acute stage of dyspepsia or peptic ulcer and taken sparingly during intermissions by those liable to frequent attacks. By trial and error the patient can find out which of the foods listed below should be avoided thereafter.

1. Alcohol, strong tea and coffee, cola beverages, gravies and soups made from meat extracts.
2. Pickles, spices, curries and condiments.
3. All fried foods.
4. Tough, twice-cooked, or highly seasoned meats, sausages, bacon and pork
5. Salted fish and some fatty fish such as herring, mackerel, and sardines.
6. Wholemeal bread, crisp breads, pastry and cakes containing dried fruit or peel.
7. Rich, heavy pudding.
8. Excess sugar and sweets.
9. Raw and unripe fruit and dried fruits, nuts and the pips, skins and peel of all fruit.
10. Raw vegetables: celery, lettuce, cucumber, onions, radishes, and tomatoes.

The following foods are recommended:
1. Dairy products, ie: milk, cream, butter, mild cheese
2. Eggs (not fried).
3. White fish, steamed, baked or grilled.
4. Bland meats: chicken, tender beef and lamb, sweetbreads and tripe.
5. White bread and toast, macaroni, and rice.
6. Butter on bread and in cookery.
7. Plain biscuits and cakes, honey, maple syrup, and jellies.
8. Refined and well-cooked foods, eg: corn flour, semolina, ground rice and oat flour.
9. Puddings: custards, blancmange, souffle, mousse and plain ice cream.
10. Vegetables, potatoes, creamed or mashed, and green and yellow vegetables which may be sieved and pureed with butter.
11. Fruits, stewed and preferably sieved and served as purees (eg. apple sauce) and ripe raw bananas.
12. Weak tea and malted milk drinks.

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